

SAVORY SESAME GREEN BEANS



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Yield: 6

Ingredients

- 1 pound fresh green beans, trimmed or frozen long green beans to save time
- 1 medium sweet red pepper, sliced
- 1 tbsp sesame seeds
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp low-sodium soy sauce
- 1/4 tsp salt
- 1/4 tsp pepper

Directions

1. Place beans and red pepper in a large baking pan coated with cooking spray. Combine the remaining ingredients. Drizzle over vegetables; stir to coat.
2. Bake, uncovered, at 425° for 20-25 minutes or until beans are tender, stirring once.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
2/3 cup	55	3 g	2 g	3 g	200 mg

Carbohydrate Exchanges: 1/5